

How have other states or districts used Profiles?

- ◆ The Maine School Health Coalition used Profiles data to guide professional development for health education teachers and created physical education and nutrition fact sheets for a legislative breakfast to support a bill to make health education part of the core curriculum.
- ◆ North Dakota published *Connecting the Links between Health and Academics – 2002 School Health Education Profile (SHEP)* to disseminate their Profiles results and publish recommendations to improve school health. They also presented their Profiles data to tobacco-use prevention coordinators, the Department of Health, the Rough Rider Health Promotion Conference, the Workforce Safety Board, and the School Health Interagency Workgroup to help them develop school health policies and to provide an update on the status of school health in North Dakota.
- ◆ Missouri developed *Promoting Healthy Weight in Missouri's Children* using data from Profiles on school vending and foods available outside of lunch periods. This document is a guide for state and local officials to use for developing public policies that affect youth; for parents to use for creating a healthy family lifestyle; and for school and community leaders to ensure healthier and safer environments.
- ◆ In Delaware, Profiles data were used by the Health Education Commission to guide the development of a 90-hour course in health education curriculum, instruction, and assessment for advanced-level teacher training.

For additional information and technical assistance on how to conduct Profiles in your state or district, visit the Profiles website at <http://www.cdc.gov/healthyyouth/profiles> or contact:

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School Health PROFILES



U.S. Department of
Health & Human Services



What is the School Health Profiles?

The School Health Profiles is a biennial survey conducted by state and local education and health agencies among middle/junior high and senior high school principals and lead health education teachers. Profiles monitors the current status of:

- ◆ School health education requirements and content
- ◆ Physical education requirements
- ◆ Asthma management activities
- ◆ Food service
- ◆ Competitive foods practices and policies
- ◆ Family and community involvement in school health programs
- ◆ School health policies related to human immunodeficiency virus (HIV) and acquired immunodeficiency syndrome (AIDS) prevention, tobacco-use prevention, violence prevention, and physical activity

Why is Profiles important?

Profiles provides information on current school health policies and activities. Thus, states and school districts can use Profiles data to plan and allocate resources, guide professional development, advocate for policy improvement and resources, and describe the status of school health programs in their jurisdiction. Profiles data may be used to monitor school-level impact measures in the future.



How does Profiles help my state or district meet No Child Left Behind requirements?

Profiles measures tobacco-use prevention policies at the school level, including in school buildings, on school grounds, in school vehicles, and at school-sponsored events. The No Child Left Behind Act of 2001 prohibits smoking in any indoor facility that receives federal funds and provides routine or regular education. In addition, it also authorizes schools to use federal funds for programs to prevent violence in and around schools, and Profiles measures violence prevention policies at the school level.

How does Profiles help my state or district meet Local Wellness Policy requirements under the Child Nutrition and WIC Reauthorization Act of 2004?

Each school district or local education agency participating in the National School Lunch Program and/or School Breakfast Program is required to have a Local Wellness Policy established by the beginning of the 2006-2007 school year.

Among the policy requirements, school districts must:

- ◆ set goals for physical activity and nutrition education
- ◆ set nutrition guidelines for all foods and beverages available on school campuses during the school day
- ◆ set goals for other school-based activities designed to promote student wellness
- ◆ involve a broad group of community members to develop a plan to measure policy implementation

Profiles measures school-level policies about physical education and physical activity, including intramural activities or physical activity clubs; competitive foods and food service; and family and community involvement in school health programs.

How do I conduct Profiles?

Profiles is conducted among a sample of secondary schools in your state or school district. Depending upon the size of your state or school district, your sample will consist of a subset of schools or, in very small states and most school districts, all schools.

Profiles data are collected from the school principal and the lead health education teacher at each sampled school using self-administered questionnaires.

Data collection usually occurs during the spring of even-numbered years generally between January and April. The cost to conduct Profiles and report on and disseminate Profiles data is approximately \$10,000 per year or \$20,000 per two-year cycle.

